

# USA GYMNASTICS

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FOR GOLD*  
**ROUND 2**  
**WINS  
INTERNATIONAL  
INVITATIONAL**



## **ALSO INSIDE**

**WHERE'S YOUR  
MILK MUSTACHE?**

**AMERICAN CLASSIC**

**WOMEN'S OLYMPIC  
PREPARATION  
CAMP**

**VISA AMERICAN CUP**

**USA MEN'S  
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MAY/JUNE 2000 VOLUME 29, #3

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# wear

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WORKOUT  
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& color



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1114H  
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COMPETITIVE  
WEAR



1001 TEAM COMPETITIVE WEAR









# FIVE RING FEVER

By Steve Parnoy, USA Gymnastics Senior Vice President

There is a fever spreading throughout the sport of gymnastics right now. It's not something you need to worry about catching. In fact, it is something we at USA Gymnastics hope you catch. It's called the **Five Ring Fever**, and typically it breaks out every four years. It's a sign that the Olympics are just around the corner.

The funny thing about this fever is that it can have a tremendous effect on the people that catch it. Currently, there are 70-80 athletes in the U.S. who are selected with the Five Ring bug.

In all seriousness, the success of U.S. gymnasts at the upcoming **Sydney Olympic Games** will have a tremendous impact on the future of the sport. Currently, the Olympic movement is searching for its next set of heroes. Following the 1996 Olympics, there has been a significant turnover of athletes, many of whom waited until Atlanta to hang up their track shoes, Speedos, and leotards. Additionally, many reporters who had followed the sport for years have moved onto different beats. This creates the need for proactive media and public relations activities, to ensure that everyone understands our position heading into Sydney.

The Olympic year always brings a **new level of exposure to gymnastics and its athletes**. USA Gymnastics is working to establish a new frontier of continuity in the non-Olympic years, through its events, public relations activities, and membership services. Our goal is to provide a seamless and systematic approach to marketing gymnastics on a regular basis, to ensure greater recognition to the sport as a whole. The uniqueness of the club business provides a strong infrastructure for gymnastics to distinguish itself within the Olympic sports movement.

The only way in which we are going to be successful is if **everyone gets behind the effort** being made by our athletes, coaches, officials, and administrators. Many sports hold themselves back from experiencing growth because they allow individual interests to get ahead of the big picture. There is nothing more important to our sport than the success of our athletes at the Olympics, and everyone must support them to accomplish their goals.

By working together, we can send a positive message that **gymnastics is an important sport**. Sports that have grown to the next level have done so from within. Golf, baseball, college basketball, and a few others, have seen the power of developing a strong and loyal fan base.

This summer presents a **unique opportunity for you to support gymnastics**. If your town is hosting an event, go-out and buy tickets. Maybe you can plan a trip to the John Hancock U.S. Gymnastics Championships in St. Louis, or the Olympic Trials in Boston. Get your club to organize special activities around National Gymnastics Day, or to watch the Championships, the Olympic Trials, and the Olympic Games on television.

Whatever you do, let the athletes know that you are behind them. Let your voice be heard in Sydney. Everyone wins when the American flag gets raised.



At the 2000 USA American Cup there was a great deal of Five Ring Fever in the air with the group of individuals in attendance from the USA Olympic Committee, USA Gymnastics, and the U.S. Olympic Committee. From left to right: Steve Parnoy, USA Gymnastics Senior Vice President, and Bob Coleman, USA Olympic Committee President.

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# USA GYMNASTICS

## THE MAGAZINE'S MISSION STATEMENT

USA Gymnastics, a bimonthly magazine, is a benefit of membership from USA Gymnastics. The mission of USA Gymnastics magazine is to communicate with gymnasts, parents, coaches, judges, volunteers, clubs and fans of the sport in order to promote the programs, people, events and services of USA Gymnastics.

**VISION** To inspire and enable our members to achieve excellence in the sport of gymnastics and in life.

## THE ORGANIZATION'S MISSION

The mission of USA Gymnastics is to encourage participation and the pursuit of excellence in all aspects of gymnastics.

## CORE OBJECTIVES

- Build the base
- Promote the sport
- Achieve competitive success

# USA GYMNASTICS

## USA GYMNASTICS VALUED SPONSORS



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# WHERE'S YOUR MUSTACHE?

## WHY ALL THE FUSS OVER CALCIUM?

### ARE YOU CLUELESS ABOUT CALCIUM—OR CLUED IN?

Test your Calcium knowledge by taking the test below! Check out the answers on the page 11 to see how you did.



**4** Vitamin D helps your body use calcium more effectively. You can get vitamin D from:

- A. Being outdoors in sunlight
- B. Drinking vitamin D fortified milk
- C. Both A and B

**5** How many 8-ounce glasses of milk do you need to get the recommended amount of calcium every day?

- A. One to two glasses
- B. At least three glasses
- C. More than four glasses

**6** Which has the most calcium?

- A. 1/2 cup of broccoli
- B. 3 ounces of sardines
- C. 1 cup cooked soybeans
- D. 1 8-ounce cup of milk
- E. All have the same calcium content

Calcium is the silvery white mineral that makes up the majority of your bones. It's super important that you are getting enough calcium from your food because almost half of all bone is formed during the teen years.

Greatest, gymnastics is great for making your bones stronger because of the impact you get every time you land, but it won't make up for a low-calcium diet. Because get this, if your body doesn't get the calcium it needs from your diet, it will steal it from its only source—your bones! Over time, that could leave you with weak bones which could lead to fractures and injury—and eventually, even osteoporosis!

Do you have a potty bank? Think of your bones like your potty bank. The more you put in right now, the more you'll have to spend later! Don't be shy with calcium during this prime bone-building period. Otherwise, your bones won't reach their full potential and you'll have less calcium stored away for when you need it later in life!

Check out these numbers—6 out of 10 guys and 9 out of 10 girls don't get enough calcium! And it's so easy as 1, 2, 3—glasses of milk each day!

continued on page 11

## FUN RECIPES TO BOOST YOUR CALCIUM!

### STRAWBERRY SURPRISE

- 1 cup skim milk
  - 2 ounces frozen strawberries
  - 2 ounces orange juice concentrate
  - 1 lemon frozen—cut in chunks before freezing
  - 1 cup pineapple chunks
- Blend all ingredients in blender until smooth—enjoy!

### CHOCOLATE-PEANUT SHAKE

- 1 cup milkshake base, at up
  - 1 cup chocolate skim milk
  - 2 cup creamy peanut butter
  - 1 cup chocolate or vanilla ice cream
- In blender, combine base, milk and peanut butter. Cover and blend until smooth. Add ice cream. Cover and blend until smooth.

Increase your daily calcium by trying these calcium-rich foods:

- Milk
- Yogurt
- Cheese
- Cottage cheese
- Sardines
- Canned 5-ounce with bones
- Soybeans
- Red beans
- Lentil Gnocchi
- Unsalted
- Orange

For more awesome milk info, check out this milk web site at [www.whymilk.com](http://www.whymilk.com)



[illegible]

<p> <b>2) Stakes collection fee fee.</b>              about \$2.00 (2)           </p> <p> <b>Headline above</b> </p>	<p> <b>3) House charge</b> \$5           </p> <p> <b>4) Ice charge</b> \$5           </p> <p> <b>5) Wash, Dry and</b>              \$20-25 (10)           </p>
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M  
I  
L  
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Y  
T  
H  
S

BODY BALANCE continued from page 31

## HEARD 'EM BEFORE? DON'T FALL FOR THESE WHITE LIES!

**MYTH** Drinking milk before competition or practice could lead to cottonmouth and/or stomach cramps.

**FACT** Milk does NOT cause cottonmouth OR stomach cramps! The dryness in your mouth is probably due to dehydration, and cramps could be blamed on anxiety and nervousness, not drinking milk.

**MYTH** Taking calcium supplements can make up for not drinking milk.

**FACT** Calcium supplements, while helpful in some cases, can't completely substitute for a glass of milk. Supplements usually don't provide other important nutrients that may be missing from the diet. Whole food is your best choice.

**MYTH** You must give up all dairy foods if you are lactose intolerant.

**FACT** Completely stopping dairy from your diet may not be the wisest move! You need the nutrients provided by milk, and many people can handle one glass of milk with a meal. Drinking milk with a meal or snack helps aid lactose digestion.

## ANSWERS TO THE CALCIUM QUIZ

**1. TRUE.** Teenagers need 1300-1500 mg of calcium every day, and adults need 1000 mg/day.

**2. TRUE.** Osteoporosis affects 25 million Americans. There is no cure, but you can help prevent it. Make plenty of deposits into your bone "savings bank" right now! When you have to make withdrawals later in life, you won't be left completely **DISCRED**! Ways to increase your storage are to remain active (gymnastics is a great sport to build strong bones), and drink three glasses of milk every day!

**3. C. BONES.** You only get calcium from two sources, the food you eat or your own bones! To avoid using the calcium from your bones, make sure you take in enough from food sources such as milk, cheese or yogurt. Calcium helps to build strong bones and prevent osteoporosis.

**4. C. BOTH A & B.** Vitamin D is essential to help your body use calcium properly, and milk is the primary dairy food that contains vitamin D. Being out in the sunlight also helps your body make its own vitamin D.

**5. B. AT LEAST THREE 8-OUNCE GLASSES A DAY.** If you drink three glasses (8 ounces each) of milk every day you will get 960 mg of calcium. The rest of the needed calcium can come from other whole foods!

**6. D. ONE 8-OUNCE CUP OF MILK.** One cup of milk has about 300 mg of calcium. You would have to eat seven cups of raw broccoli, more than three ounces of canned sardines, six oranges, or two cups soybeans to get the same amount of calcium that is in one cup of milk! Doesn't milk sound like an easier way to get what you need?

Information adapted from [milkinfo.com](http://milkinfo.com)

# GYMNASTICS 2000

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# EVENTS

## MAY

<b>4-7</b> J.O. NATIONAL CHAMPIONSHIPS (M) <i>Anchorage, AK</i>	<b>5-7</b> J.O. NATIONAL CHAMPIONSHIPS (W) <i>Longmeadow, MA</i>	<b>11-15</b> USOC OLYMPIC MEDIA SUMMIT (M/W/R) <i>Houston, Texas</i>	<b>12-14</b> J.O. NATIONAL CHAMPIONSHIPS INDIVIDUAL & GROUP (R) <i>Seattle, WA</i>	<b>19-21</b> USA GYMNASTICS EXECUTIVE COMMITTEE/BOARD MEETINGS <i>Indianapolis, IN</i>
<b>23-28</b> INTL. FRIENDSHIP TRAINING CAMP (W) <i>Houston, Texas</i>	<b>26-30</b> J.O. NATIONAL TRAINING CAMP (W) <i>Colorado Springs, CO</i>			

## JUNE



<b>1-4</b> WOMEN'S HIGH PERFORMANCE COACHES SEMINAR (W) <i>Chicago, IL</i>	<b>3-4</b> LEVEL 9 CHAMPIONSHIPS (R) <i>Houston, TX</i>	<b>6-8</b> REGION 2 CONGRESS <i>Palm Harbor, FL</i>	<b>11-18</b> MEN'S JR. NATIONAL TEAM CAMP <i>Colorado Springs, CO</i>	<b>23-25</b> U.S. CHALLENGE (W) <i>Montreal, NJ</i>
		<b>24-25</b> RHYTHMIC WESTERN (R) <i>W. Bloomfield, MI</i>	<b>TBD</b> GYM-2000 GYM-FEST 1001 <i>Krohnweiser, MO</i>	<b>USA GYMNASTICS NATIONAL GYM-FEST 3 NATIONAL TEAM GYM CHAMPIONSHIPS (RG)</b> <i>Georgia University, Athens, GA</i>
		<b>27-JULY 3</b> J.O. NATIONAL CHAMPIONSHIPS (R/TU) <i>Channahon, OH</i>	<b>WORLD CUP COMPETITION 2 SITES (TU)</b> <i>Canada &amp; U.S.</i>	<b>TEAMSTARS JUDGES SYMPOSIUM (GG)</b> <i>Georgia University, Athens, GA</i>

## JULY

<b>7-9</b> U.S. CLASSIC/NATIONAL GYMNASTICS FESTIVAL (W) <i>Eden, OR</i>	<b>8-9</b> RHYTHMIC EASTERN (R) <i>Brooklyn, NY</i>	<b>26-29</b> JOHN HAINCOCK U.S. GYMNASTICS CHAMPIONSHIPS (M/W/R/TR/TU) <i>St. Louis, MO</i>  YOUTH AND INSTRUCTOR CAMP (GG) <i>St. Louis, MO</i>	<b>27-30</b> REGION 4 CONGRESS (W) <i>St. Louis, MO</i>
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## AUGUST

## SEPT

<b>2-8</b> FIN. AM. JR. CHAMPIONSHIPS (R-IND. & GROUP) <i>Portland, ME</i>	<b>12</b> NATIONAL GYMNASTICS DAY <i>Winnipeg, Selkirk</i>			<b>1-4</b> REGION 1 CONGRESS (M/W/R/DO) <i>Santa Clara, CA</i>
<b>15-20</b> U.S. OLYMPIC TRIALS (M/W/R) <i>Portland, ME</i>	<b>18-20</b> USA GYMNASTICS NATIONAL CONGRESS <i>Brooklyn, MA</i>			<b>16-OCTOBER 1</b> OLYMPIC GAMES (M/W/R/TR) <i>Sydney, AU</i>
				<b>22-24</b> REGION 3 CONGRESS (W) <i>Portland, OR</i>
				<b>29-OCT. 1</b> REGION 7 CONGRESS (W) <i>Virginia Beach, VA</i>

M-Men, W-Women, R-Rhythmic, TR-Tumbling, TU-Tumbling, GG-General Gymnastics



OCT

NOV

13-15

NATIONAL TOPS TESTING—EAST (W)  
Indianapolis, IN

20-22

NATIONAL TOPS TESTING—WEST (W)  
Phoenix, AZ

30-NOV. 5

FIG INTERCONTINENTAL JUDGES  
COURSE (I)  
Tampa, FL

14 – MID-DEC.

POST-OLYMPIC TOUR (M/W/TU/TH)  
Various Sites

20

BEESE'S GYMNASTICS CUP (M/W)  
New Orleans, LA

TBD

PAGU CHILDREN'S INTERCLUB  
CHAMPIONSHIPS  
Mexico

11-12

PONTIAC INTERNATIONAL  
TEAM CHAMPIONSHIPS  
(M/W SBS)  
Richmond, VA

13-15

FIG CONGRESS  
Birmingham, AL

21-27

Jr. PAN AMERICAN CHAMPIONSHIPS (M/W)  
Buenos Aires, ARG

TBD

FUTURE STARS NATIONAL  
CHAMPIONSHIPS (M)  
TBDCOACHES WORKSHOP (M)  
TBDPAUL TEAMGYM  
CLASSIC (GG)  
TBD

DECEMBER

6-10

NATIONAL TOPS  
TRAINING CAMP (W)  
Tulsa, OK

8-10

USA GYMNASTICS  
EXECUTIVE COMMITTEE/  
BOARD MEETINGS  
Tulsa, OK

13-20

FIG  
INTERCONTINENTAL  
JUDGES COURSE (M)  
Proger, CZ

16

TEAM CUP WORLD CUP  
FINALS (I)  
Tbilisi, GE

13-19

FIG  
INTERCONTINENTAL  
JUDGES  
COURSE (W)  
Amstelveen, NED

15

VISA GYMNASTICS SERIES QUALIFIER I (M/W)  
TBD

22-28

FIG INTERCONTINENTAL JUDGES COURSE (TU/TH)  
Amstelveen, NED

Photo by USA Gymnastics

2000

EVENTS

EVENT	TV DATE	NETWORK	TIME (EST)
JOHN HANCOCK U.S. GYMNASTICS CHAMPIONSHIPS			
July 28-29			
St. Louis, Missouri	July 29 (W)	NBC Sports	8:00-9:00 p.m.
	July 30 (W)		7:00-8:00 p.m.
	August 3 (W)		3:00-4:00 p.m.

For Olympic, World Cup information call: 817-334-2076

U.S. OLYMPIC TRIALS			
August 15-20			
Orlando, Fla.	August 19 (W)	NBC Sports	8:00-10:00 p.m.
	August 20 (W)		7:00-8:00 p.m.
	August 30 (W)		7:00-9:00 p.m.

BEESE'S GYMNASTICS CUP			
October 20			
New Orleans, La.	November 18	NBC Sports	3:00-4:00 p.m.

EVENT	TV DATE	NETWORK	TIME (EST)
PONTIAC INTERNATIONAL TEAM CHAMPIONSHIPS			
November 11-12			
Richmond, Va.	December 16 (M)	NBC Sports	2:00-4:00 p.m.
	December 17 (W)		2:00-4:00 p.m.

2001

AMERICAN CUP QUALIFIER I			
January 14, 2001	January 14 (W)	NBC Sports	3:00-5:00 p.m.

AMERICAN CUP QUALIFIER II			
February 3, 2001	February 3 (W)	NBC Sports	2:00-4:00 p.m.

VISA AMERICAN CUP FINALS			
February 24, 2001	February 24 (W)	NBC Sports	4:00-5:00 p.m.

All dates and events subject to change or cancellation.



# faces in the gym

## HEATHER JOHNSON ALUMINUS, SPAIN

Heather, 11, is one of Spain's Gymnastics in Aluminus, Spain. Her coach is coached by David Williams and James Smith. She was named gold medalist in her level 4 event and will hope to compete level 5 next year.



## MILANY MAUNG & TAYLOR CURRY DORCHESTER, MASSACHUSETTS

Both Maung and Curry are girls in Dorchester, Mass. They are coached by David Williams and James Smith. They were named gold medalists in their level 4 event and will hope to compete level 5 next year.



## HANBOM CITY GYMNASTICS MINNEAPOLIS, MINN.

The level 2's from Hanbom City Gymnastics placed eighth out of 48 teams at the Minnesota City, which was held in the City of Cambridge, N.C. They placed eighth overall. They were named gold medalists in their level 2 event and will hope to compete level 3 next year.



## RYAN KOCAR PITTSBURGH, PENNSYLVANIA

Ryan, 10, is one of 100 11-year-olds from Pittsburgh, Pa. He is coached by David Williams and James Smith. He was named gold medalist in his level 2 event and will hope to compete level 3 next year.



## AMANDA PATLA UTAH, MINN.

Amanda, 11, is a level 2 gymnast with the Utah Varsity Gymnastics. She competed at the 2000 National Gymnastics Championships and placed eighth overall. She was named gold medalist in her level 2 event and will hope to compete level 3 next year.



## ASHLEY BURNS SAN ANTONIO, TEXAS

Ashley Burns is a level 2 gymnast at the San Antonio, Texas. She was the 2000 South Texas level 2 champion. She was named gold medalist in her level 2 event and will hope to compete level 3 next year.



## ALAMO GYMNASTICS CENTER SAN ANTONIO, TEXAS

Alamo Gymnastics Center has a level 2 team. They were named gold medalists in their level 2 event and will hope to compete level 3 next year.



## KAYLAN HUGHSON ARABIAN, MISSISSIPPI

Kaylan, 11, is a level 2 gymnast at the Arabian, Miss. She was named gold medalist in her level 2 event and will hope to compete level 3 next year.



## NEW JERSEY STATE CHAMPIONS MAMM, NEW JERSEY

The New Jersey State Champions have a level 2 team. They were named gold medalists in their level 2 event and will hope to compete level 3 next year.



## KRISTEN PETERSON & AMBER MOYER PORT WATERS, WISCONSIN

Kristen Peterson, 11, and Amber Moyer, 10, are level 2 gymnasts at the Port Waters, Wis. They were named gold medalists in their level 2 event and will hope to compete level 3 next year.



Want your face to be included in the **FACES IN THE GYM** section? Send a recent photo and a paragraph of info online to: USA Gymnastics, Faces in the Gym, P.O. Box 1333, Springfield, Ill. 62703. Photos can be black and white or color. Being photos cannot be returned. We'll select a few entries for publication in the magazine each issue. Please send your entry today. We'll be waiting to meet you!



Chris Waller's

# Summer Gymnastics

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**Kip Simons**  
**Amanda Borden**  
**Mihai Bagiu**  
**Liliya Podkopayeva**  
**Kim Zmeskal**

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Photos of Liliya Podkopayeva and Blaine Wilson © Dave Black



# FUN PAGE



HEY KIDS...  
CAN YOU FIND FLIP?

Meet Flip, the USA  
Gymnastics mascot!



To find out there are 10 Flip hidden  
throughout this page! Can you find all 10  
Flips? The answer is on page 49!

## WORD SEARCH

FIND THE TWELVE HIDDEN  
GYMNASTICS WORDS!

Words can be across, down, or diagonal

POUMEL HORSE  
GOLD  
TUMBLE

RINGS  
GYMNASTICS  
ROPE

MEDAL  
FLIP  
USA

BEAM  
TEAM  
TRAMPOLINE

W	K	R	I	N	G	S	P	L	R	S	U	S	A
S	E	H	O	G	H	V	O	B	O	J	X	C	I
F	W	G	T	K	L	B	M	S	P	F	G	Y	L
E	R	H	R	M	G	R	M	L	A	Q	R	Y	G
O	A	D	A	J	K	O	E	C	B	M	L	O	Y
Z	T	U	M	B	L	E	L	B	T	R	Y	M	M
A	Q	F	P	H	M	N	H	D	T	O	K	S	N
Q	F	H	O	L	I	O	O	X	E	P	Y	U	A
S	I	L	L	O	U	I	R	B	M	E	C	F	S
T	P	X	I	P	O	Y	S	J	G	D	F	R	T
E	S	L	N	P	M	Y	E	F	R	E	C	X	I
A	I	Y	E	N	A	B	P	J	L	M	B	C	C
M	V	B	N	M	J	E	H	R	E	J	O	L	S
W	G	J	N	M	K	A	U	T	G	D	S	E	W
I	O	J	Y	G	F	M	E	D	A	L	G	H	J

WORD SEARCH  
ANSWERS ON  
PAGE 49



4TH ANNUAL

*Sand Dollar*



*Invitational*

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# Olympic Gold Medalist **Amy Chow**

## Wins Blue Water International Invitational

1996 Olympic gold medalist Amy Chow won the 2000 Bluewater International Invitational for the second time on March 19 with a combined score of 117.5. She finished first on bars and beam, scoring a 9.7 on both events. Chow finished third on vault (9.175) and floor (9.075).

"We are very proud of Amy's results at the Bluewater Invitational and see this as a positive sign for the women's program as we get closer to the 2000 Olympic Games," said USA Gymnastics President Bob Catronson.

Canada's Rita Richardson and Australia's Melinda Cleland were second and third, scoring 37.602 and 37.600, respectively.

Chow's teammates were Rachel Tidd from SCGA, who finished sixth all-around with a score of 37.042, and Annabeth Eberle from Spar Gymnastics who placed eighth with 36.487. Eberle also won the vault event with a 9.207.

U.S. Junior National Team member Courtney Kupets from HWA won the junior all-around competition with a 36.679. She also finished first in all four events, scoring a 9.35 on vault, a 9.025 on bars, a 9.575 on beam and a 9.475 on floor.

by Courtney Carson



**Amy Chow**



**Annabeth Eberle**



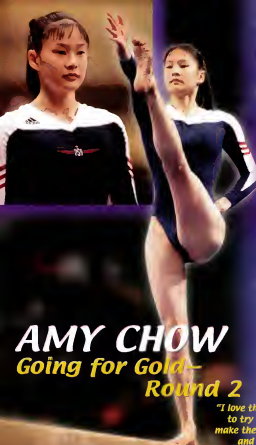
**Rachel Tidd**

**Eberle Wins Vault**  
**Kupets Wins Junior All-Around and Event Finals**



**Courtney Kupets**





# AMY CHOW

## Going for Gold— Round 2

By Lynn Perrott

Amy Chow, one of the members of the 1996 Olympic Gold Medal team known as the "Mag 7," is now 21 years old and training to make her second Olympic Team. Chow, who also won a silver medal on bars at the 1996 Games, just won the Bluewater International, Invitational, March 18 in Scarba, Ontario. This is her first all-around victory since coming back to the sport in the spring of 1999. She defeated gymnasts from Canada, Australia, Ukraine and Argentina to win the title. She also won gold medals on bars and floor, and bronze medals on vault and beam.

"It was a good meet," said Chow. "I wasn't sure what to expect because there were some good gymnasts there. I'm glad I was able to hit all four events."

Chow competed in the RCA Gymnastics Challenge in Las Vegas on January 14 and didn't do as well as she would have liked. "I wasn't quite ready in Vegas. I just needed a few more weeks of preparation," said Chow.

"Canada was a pleasant surprise," said Coach Mark Young. "We decided to do the meet in Canada to help knock off some of the rust. It was nice that there were some good gymnasts there. Amy did a terrific job and we were so pleased. I always expect her to win bars, but she nailed floor and beam, too. We struggled a little on vault—I think her vault is better than it used to be but we just haven't hit vault as strong as we are capable yet in competition."

*(continued on page 46)*

***"I love the sport and wanted to try again. My goal is to make the 2000 Olympic Team and help the USA do the best they can."***



# American Classic



TAMITHA TIM



TASHA SCHWIKERT



MONIQUE  
CHANG

# Challenge



Tasha Schwikert from Gym Gals in Henderson, Nev., won the 2000 American Classic title at the Reno/Sports Convention Center, Feb. 17-19. Schwikert, 19, coached by Cassie Rice, said, "It was very exciting. I came in pretty prepared with all of my routines and I'm glad that I hit. I didn't add any new skills from the ICA Gymnastics Challenge or the Annie Harcourt Gymnastics Invitational because the Vice American Cup finals were the next weekend and I wanted to be prepared for that event as well."

Tasha, who also won the beam event, competed in four major competitions in six weeks including the ICA Gymnastics Challenge, Annie Harcourt Gymnastics Invitational, American Classic and Vice American Cup. Coach Rice said, "Tasha continued to improve in each competition. We were really pleased that she was able to hit all four events in the last two competitions. Tasha was eighth at last year's Classic so finishing first this year was a big milestone for her!"

Tasha added, "I love competing but I'm glad I have time now to add new skills and clean up my routines."

Manique Cheng from Capital Gymnastics in Burke, Virginia, was second and Amanda Stroud from Great American Gymnastics Express in Blue Springs, Mo., was third.

In the junior division, Slider's Tashita Tim took top honors in the all-around. Tim, 14, is coached by Steve and Beth Rybecki in Corona, Calif. Tashita said, "I was really happy to win the American Classic. I was proud that I stayed focused during the competition."

Madison Vanden Eykel from World Olympic in Plano, Texas, and Courtney Lupeta from Hills in Gaithersburg, Md., were second and third all-around in the junior division.

continued on page 40

2 Time Olympic Gold Medallist

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AMANDA STROUD

PHOTO: TATIANA LYSSENKO



# STRIVING FOR EXCELLENCE



U.S. GYMNASIANS: JEFFREY M. HARRIS



By Lynn Powell

**Shoulder to shoulder the 10 gymnasts stood, listening to each and every word that Bela Karolyi had to say.**

The Women's Olympic Preparation Camp had begun and Bela, Martha Karolyi, the National Team Staff and personal coaches were on site at the Karolyi Ranch in Huntsville, Texas, beginning March 16.

Attending the camp were Jennifer Antolin, Vanessa Joliet, Alyssa Beckerman,

Ginn Dowling, Marie Janthone, Kristin Mackay, Dana Pierce, Elise Fry, Tasha Schwilke, and Morgan White. Invited but missing were Jennie Thompson, Sierra Simpson, Amy Chow, Annabeth Berle and Robin Pidge. Chow and Berle were competing in an international competition in Canada and the other gymnasts were recuperating from injuries.

After a short meeting, the first order of business was to warm-up. Bela directed the gymnasts through 20 minutes of endurance training. Next, the gymnasts were given 12 minutes to complete a series of conditioning drills including handstand push ups, pike handstands, cast handstands, rope climb, chin-up to invert hang and back to stretch hang, V-ups, handstand holds against the wall and handstand walk, just to name a few.

The focus of the Women's National Team Camp in March was physical

readiness, strength, flexibility, stamina and coordination. According to Bela, the USA Gymnastics National Team Coordinator, "This camp will establish routines. It will be a good indication of where we stand and start values for each event."

The April camp will select two teams, one will compete in the Pacific Alliance in New Zealand, April 20-25, and the other team will compete in Brazil, April 18-24.

Bela said, "We hope the gymnasts will peak in April and then be able to go home and upgrade their routines again going into the John Hancock U.S. Championships in July. Of course the Olympic Games event is the ultimate goal and we want to be an Olympic medal contender."



continued on page 44



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**American Cup  
Series**

Eric Lopez and Elena Produnova—  
2000 Visa American Cup Champions

# 25<sup>TH</sup> VISA AMERICAN CUP

By Loren Pechak

Elena Produnova of Russia and Eric Lopez of Cuba were crowned winners of the 25<sup>th</sup> Visa American Cup on February 26 at the T.D. Waterhouse Centre in Orlando, Fla., and took home the prestigious honor as well as the prize money!



Maegen Wilson



Eric Lopez

Produnova, who finished fourth all-around at the 1999 World Championships and was a team silver medalist, said, "I'm happy to do well because every event is important in an Olympic year." Produnova also won the RCA Gymnastics Challenge in January, which was the first qualifying event of the Visa American Cup Series.

Lopez became the first Cuban gymnast to win an American Cup title in the event's history! Lopez defeated Russia's Alexey Bordanenko in a close race to the finish, scoring 56.624 to 56.461. The competition all came down to the high bar, where Bordanenko was in the lead after five events but only scored a 9.25 on his high bar routine, while Lopez earned a 9.55, allowing him to squeak past Bordanenko and take the title.

Bordanenko was the one on top after the RCA Gymnastics Challenge. But Lopez, who is three-time Pan American Games all-around champion, turned in strong and consistent performances to grab the title during the Visa American Cup final.

Lopez said, "This result is very good for Cuba. It shows that in spite of the difficulties there, we still have great sports programs."



Morgan White, from Connecticut Gymnastics, won the all-around silver medal, scoring 37.730 and took second on floor with a 9.650. U.S. teammate Tasha Schwikert, from Gym Club, placed fourth all around with a 37.583 and tied for second on beam with a 9.433.

Morgan said, "I'm really proud of my performance and the way I overcame my nerves. I had a few small mistakes that I would like to correct, but overall I am very happy with the way I competed. The best part of the competition was when I finished my last tumbling pass on floor and the crowd cheered really loud—and I knew I had done the best floor routine I could."

Morgan's coach, Mary Lee Tracy, said, "Morgan's biggest accomplishment was handling the pressure, it doesn't go away at the level. The key is digging down and dealing with it. Now she knows that she can do it. Morgan went straight to Beld's camp after the meet and did an outstanding job."

Tasha commented on her fourth place finish saying, "I wanted to come here to try, which I did. Little things were not as I wanted, but overall I was pleased with my performance today." She added, "It's been hard having three major meets in one and a half months. I didn't have time to add new skills but it was also great experience for me." As for what is next, Tasha said, "We're going to raise my start values on bars, get a more difficult vault, upgrade my floor passes and clean up everything."

*continued on page 26*

The all-around champions  
of the Visa American

Cup received

\$15,000.

Total prize

money for the

Visa American

Cup Series was

\$150,000.

Jay Thomson



John Ruetzelberger



Doree Poskament



continued from page 28

Two-time Olympian John Roethlisberger earned the all-around bronze medal with a score of 56.035 on vault, pommel horse (9.575), rings (9.425), and parallel bars (9.425). Roethlisberger, a two-time Visa American Cup winner said, "Obviously I would have liked to finish with the title, but at the same time, I'm very happy with how I did. Today is the first time I've done my Kazanets full twist vault on the hard floor since I injured my knee on the still back in 1996, so I was kind of a psychological hurdle for me. My gymnastics is heading in the right direction, but I am the kind of person who always wants to be on the winner's podium, so anytime I'm not, there is always a part of me that is not satisfied. This was definitely a positive step toward Sydney."

U.S. teammate Jay Thornton placed seventh with a score of 54.424 and was third on floor with a 9.287. "I was happy with how today went because my game plan was to be as aggressive as possible," said Thornton. "I knew this would be one of my last opportunities to compete my routines with full difficulty before Championships and Trials. I was especially aggressive with high bar. I know how much work I have to do now, in that respect I was happy with how I did."

During the competition, several past American Cup champions were honored, including inaugural champions Bart Conner and Nadia Comaneci. See the list of past champions on page 42.



Katie Schmitt

Brian Watson



## MISSING FROM THE COMPETITION

Three-time American Cup Champion Elaine Wilson scratched from the competition on Friday prior to the event. Elaine contends that with Kurt Thomas and Bart Conner with a record of three all-around victories in the American Cup, Elaine had shoulder surgery in November and he said, "My shoulder is about 65% right now and would be good enough to compete if I had to, but with the Olympics just ahead, I need to do this one up." Elaine retorted, "Normally I would have walked in there and said, 'Hey, I'm ready to go!' But I don't want to go to the Olympics like I want to World-hall hurt. It's really hard to swallow but it's just not my time yet."

Ellie Roy, who was the Anneli Holmsten Gymnastics Invitational, also scratched from the Visa American Cup due to a stress fracture in her right foot. Roy was the National all-around greatest for the USA at the 1999 World Championships, finishing eighth.

continued on page 42

Like Brian Watson scores the award as Inaugural prior to the Visa American Cup.



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# Climbing a Mountain to Win a Medal

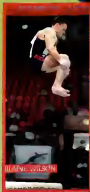
By Lynn Fessenden



PETER KORMANN

Peter Kormann, the USA Gymnastics Men's National Team Coordinator, has led the U.S. men's team at World and Olympic events since 1995. The plan seems to be working because the men continue to climb the ranks in international gymnastics, Peter said. "I feel like we've been climbing a mountain and every time we think we're at the top we look up and realize that we have another peak to climb. I feel like we're at the top of the mountain this time."

Peter's role is to coordinate the efforts of the U.S. elite athletes and coaches across the country, he assists with the development of individual training plans and goals for the athletes and coaches, as well as for the U.S. team at major national and international events. He oversees the selection and elite training programs and also organizes national team training camps and final preparation camps for major international events.



BLAKE WISKIN



YEWKI TOMITA



JOHN ROETHLISBERGER

Peter gives us a slight look at the USA men as they head into the summer of 2000 and preparations for the Olympic Games in Sydney.

**Q:** How has training been going?

**A:** Good. We've had a number of guys injured who are on the road to recovery. The guys are training hard, looking good and doing well in competitions. Six months ago we were not completely healthy but it looks like everyone is getting to where they need to be.

**Q:** Tell me about the coaching staff for the 2000 Olympic Games?

**A:** Since 1995, every coach with an athlete on the World Championships or Olympic Games team is considered a "team coach." Every coach who puts a guy on the Olympic Team will travel to the Olympic Games and will be a part of the coaching

*(continued on page 35)*



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GUARD YOUNG

DAVE HOGG / AP/WIDEWORLD

U.S. National Team Member Guard Young, Sean Townsend, Jeanette Antolin, Jennifer Paulin and Ryan Weston competed in the 2000 Quantas International Challenge at the Sydney Superdome, February 24-27. Known as the Olympic test event, it was the first artistic, rhythmic and trampolene competition to take place at the Olympic venue for gymnastics. The top 10 countries from the 1999 World Championships were invited to compete in the event. *Continued on page 39*

## GUARD YOUNG WINS GOLD ON FLOOR AT 2000 QUANTAS INTERNATIONAL CHALLENGE

By Courtney Corcoran



JENNIFER PARILLA

OLYMPIA continued from page 21

**GUARD YOUNG** from BYU won floor scoring 9.507. Young also finished 18th in the all-around and sixth in the parallel bars and vault event finals.

**SEAN TOWNSEND** from Houston Gymnastics Academy placed sixth in the men's all-around competition scoring 25.200. He also placed fifth in the parallel bars and vault event finals.

**JEANETTE ARDRIA** from SCATS in Huntington Beach, Calif., placed 13th all-around with a score of 36.343. She also placed eighth on vault and bars.

2000 Trampoline Olympian **JENNIFER PARILLA**, from Southern California Trampoline Academy placed sixth in the women's trampoline final, scoring a 37.00. Parilla also finished sixth at the World Cup in Sydney fourth among the Olympians, which qualified her to compete in the test event.

1999 U.S. Trampoline National Champion **ENAT WESTON** from Chubbuck, Idaho, and Elite Performance, placed 12th in the men's competition. Weston is the second alternate for the 2000 Olympic Games. Weston finished eighth at the World Cup which qualified him to compete in the test event as well.

## RESULTS

### TEENS ALL-AROUND

1. Dong Jiao	CHN	58.925
2. Elena Isakova	UKR	58.475
3. Anna Kulakov	UKR	58.425
4. SEAN TOWNSEND	USA	58.325
5. FUMI KUROKI	JPN	58.225

### ADULTS ALL-AROUND

1. Elena Isakova	UKR	57.625
2. Antonina Ivanova	RUS	57.575
3. Wang Yany	CHN	57.525
4. KIM ZHANG-UN	PRK	56.525

### WOMEN'S-10TH

1. Gaoan Guilan	CHN	29.90
2. Peng Shuang	CHN	29.70
3. Gaoan Guilan	CHN	29.60
4. JENNIFER PARILLA	USA	

### WOMEN'S ALL-AROUND

1. Yan Hongyan	CHN	39.70
2. Wang Shuang	CHN	39.60
3. Gaoan Guilan	CHN	39.50
4. JENNIFER PARILLA	USA	39.40

### WOMEN'S ALL-AROUND

1. Yan Hongyan	CHN	39.70
2. Wang Shuang	CHN	39.60
3. Gaoan Guilan	CHN	39.50

\*The list is in order of highest points





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# I BELIEVE AMERICANS TRAIN AND COMPETE BECAUSE THEY HAVE A STRONGER DESIRE TO WIN. THAT IS THE MAGICAL SPIRIT WE POSSESS.

STEVE MCCAIN STARTED OFF THE NEW MILLENNIUM IN STYLE BY WINNING THE WINTER CUP CHALLENGE. HE'S TRAINING AT THE OLYMPIC TRAINING CENTER IN COLORADO SPRINGS, COLO., WHERE THE ENVIRONMENT SURROUNDING HIM IS ALL ABOUT THE OLYMPIC GAMES. WE TALKED TO STEVE TO FIND OUT HOW TRAINING IS GOING, HIS GOAL FOR THIS OLYMPIC YEAR AND WHAT LIES AHEAD FOR HIM.

**Q: WHAT WAS IT LIKE TO WIN THE WINTER CUP CHALLENGE AND SET THE PACE FOR THIS OLYMPIC YEAR?**

**A:** It was a very rewarding experience for me. I remember feeling absolutely amazing on both days of competition. I told myself there was no excuse for not winning the competition. It feels good to be competing well in the Olympic year, but there is still a lot of work to do.

**Q: HOW IS TRAINING GOING AT CTC AND WHAT IS YOUR TRAINING SCHEDULE?**

**A:** We train very hard and very smart at the CTC. Monday is mainly basics on every event. We start at 10:00 a.m., each morning and train until 1:00 p.m. We come back to the gym at 4:00 p.m. for individual areas such as skills, dismounts, and conditioning. Tuesday is the same time schedule but with routines. Light routines, or half routines depending on the time of year. Wednesday is routines on the other events. Thursday is a light day with drills on tumbling, basics, and light conditioning. There is no evening training. Friday is

usually a practice meet on every apparatus. We always invite the visitors who are touring the CTC to come and watch. Saturday is half routines, position work, and our favorite—the strength circuit. Evening is off. Sunday we rest.

**Q: HAVE YOU ADDED ANYTHING NEW TO YOUR REPERTOIRE?**

**A:** When I first arrived at the CTC a year ago, I had to add a lot of new skills to get my difficulty up to par. It was very challenging to hit those routines at the big competitions. It really gave me a lot of confidence. I am currently trying to add a few more small additions, but mainly

focusing on refining each routine...

**Q: ARE YOU ON ANY SPECIAL COORDINATION PROGRAM?**

**A:** I don't think there is anything special about my conditioning, except that I do it a lot. The developing your own program based on years of numerous and tiny distinctions that have determined what works and what doesn't. Each individual knows what he or she needs to do to be prepared. You have to be accountable with your training and your lifestyle. If I am weak in a certain area, I don't blame it on the coach, it is my responsibility to recognize it and fix it. Sometimes the workload can be overwhelming. You have to keep reminding yourself why you are doing it.

**Q: WHAT'S NEXT FOR YOU IN TERMS OF COMPETITIONS?**

**A:** I could probably count the number of competitions I have left on one hand. Pacific Alliance, John Hancock U.S. Championships, Olympic Trials, and the Olympic Games. We will see what he goes after that.

**Q: HOW WILL YOU PREPARE FOR THESE BIG COMPETITIONS?**

**A:** I will maintain the work ethic and philosophy that I have been using all year long. There is a lot of speculation that goes on during the Olympic year. Everyone is trying to pick the team, but no one knows how people are going to react to the pressure. I don't want to get caught up in that nonsense. I have learned a lot from missing the last Olympics. I know what I need to do, and I will make sure that it gets done.

**Q: IN YOUR OPINION WHAT MAKES THE CHINESE AND RUSSIAN MALE GYMNASTS SO STRONG? ARE THEY "BEATABLE"?**

**A:** First of all, they are absolutely "beatable!" I want to help make that a reality. Chinese and Russian gymnasts are strong because they have to be. They have a lot more to lose than we do. When I traveled to Russia and China I realized that Americans are fortunate.

We have so many things that we take for granted. I know we have all heard it before, but it is true: Sport is

By Leon Ponzak

## GOING FOR OLYMPIC GLORY

usually a practice meet on every apparatus. We always invite the visitors who are touring the CTC to come and watch. Saturday is half routines, position work, and our favorite—the strength circuit. Evening is off. Sunday we rest.

**Q: HAVE YOU ADDED ANYTHING NEW TO YOUR REPERTOIRE?**

**A:** When I first arrived at the CTC a year ago, I had to add a lot of new skills to get my difficulty up to par. It was very challenging to hit those routines at the big competitions. It really gave me a lot of confidence. I am currently trying to add a few more small additions, but mainly

as opportunity for them to have a better life style. Although, I believe Americans train and compete because they have a stronger desire to win. That is the magical spirit we possess.

**Q: YOU FINISHED 13TH AT THE '96 OLYMPIC TRIALS. WHAT WOULD IT MEAN TO YOU TO MAKE THE 2000 OLYMPIC TEAM?**

**A:** It would mean that I could achieve what I set my mind to do. I also think it would be one of the most memorable experiences of my life because of the sacrifices it takes to get there.

continued on page 36



STEW MCCAM continued from page 18

**Q: YOU'RE A THREE-TIME WORLD CHAMPIONSHIPS TEAM MEMBER AND PAN AMERICAN GAMES TEAM MEMBER. YOU HAVE A GREAT DEAL OF EXPERIENCE IN THE MEN'S PROGRAM. HAS ANYTHING CHANGED IN THE MEN'S PROGRAM IN THE LAST EIGHT YEARS SINCE YOU FIRST MADE THE NATIONAL TEAM?**

**A:** Growing up with gymnastics has been amazing. It is hard to tell which has changed the most, the program or me. The opportunities gymnastics has given me were unthinkable at the time I started. From setting goals at a young age to getting a college scholarship to UCLA, to traveling around the world, to meeting and being influenced by so many people, to having the ability to be as good at something as I possibly can, I enjoy gymnastics more now than ever because I receive and appreciate these gifts.

**Q: WHAT CAN WE EXPECT FROM THE LIAISON AT THE 2000 GAMES?**

**A:** We want a medal really bad. For a lot of us, it is our last run, I don't want to walk away from this sport without standing on that award podium at the Olympic Games. You can expect us to do everything possible to make that happen.

**Q: WHAT DO YOU LIKE TO DO OUTSIDE OF GYMNASTICS?**

**A:** I am always trying to calculate myself somehow. I spend a good deal of time on computers, reading, following the stock market, and playing guitar. You have to get creative at the Olympic Training Center, or you will run out of things to do.

**Q: TELL ME ABOUT YOUR BUSINESS VENTURE WITH JAY THORNTON?**

**A:** Jay and I have started a publication and web site dedicated to promoting gymnastics while informing the fans of the insights and lifestyle of our sport. The publication is called the American Gymnast Journal, and the web site address is [www.americangymnast.com](http://www.americangymnast.com). It is a lot of hard work, but we are having fun with it. We have established a platform where gymnasts and coaches can get information directly from elite gymnasts via email, articles, interviews, pictures, or chats. We personally answer every email we get. Oh, did I mention the web address is [www.americangymnast.com](http://www.americangymnast.com).

**Q: TELL US ABOUT YOUR FAMILY.**

**A:** My family is amazing. My mom and dad got divorced when I was little, so I grew up with my mom and twins. They have sacrificed so much to help me be the gymnast I am today. They never gave up on me even during the hardest parts of my career. I advise and respect them more than anyone in the world.

**Q: WHAT ARE YOUR PLANS AFTER THE OLYMPIC GAMES?**

**A:** I would like to pursue gymnastics as much as I can. I will have to think about whether or not to continue to the 2004 World Championships. There are a lot of things I want to try, like scuba diving, martial arts, mountain biking, vacationing, etc. I want to move back to Los Angeles and finish the few classes I have left at UCLA. Eventually I also want to get a Master's Degree in Business.

STEVE, THANKS FOR YOUR TIME AND GOOD LUCK!

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# AWARDS



Krista Phillips-Barnhart

Jonae Cox

Two gymnasts, Jonae Cox and Krista Phillips-Barnhart, received travel and lodging grants from the Women's Sports Foundation. Jonae is a member of the Junior National Team and trainee of Southern Indiana Gymnastics in Ellettsville, Indiana. Krista trains at Worldwide Gymnastics in Auburyn Park, New Jersey.

## SCHOLARSHIPS AWARDED

The sixth annual Jason Whitefield Memorial, held Feb. 5-6 at the University of Michigan, once again was a huge success with nearly 500 gymnasts from all over the United States. The Jason Whitefield Memorial Foundation awarded four scholarships to:

Trent Wells (\$4,000), Jack Stevens (\$3,000), Corey Lundy (\$2,000), and Jim Freedy (\$1,000). Thus far, the Foundation has awarded a total of \$44,500 in scholarships to male gymnasts.

The Jason Whitefield Memorial Foundation was set up to keep Jason's spirit alive in the sport he loved and to award scholarships to outstanding male gymnasts for the purpose of underwriting some portion of their training or educational expenses. Jason was an inspiring gymnast who was killed in a motorcycle accident in 1991.



## RHYTHMIC LIGHTS UP GRAMMY AWARDS

Four former rhythmic national team members, including Francis Abbotella, Michelle Bonello, Bianca Sposito and Vanessa Vander Plaats, were on the list of entertainers at February's Grammy Awards, which honors the year's best musical artists.

"We requested rhythmic gymnasts in their numbers," said Vander Plaats. "We rehearsed for around four hours each day, the week prior to the show."



Francis Abbotella poses with members of R.T.C.

"Vander Plaats said, 'It was a lot of fun. I got to see stars walk by whom I've grown up listening to. It was just seeing Elton John, Barry Manilow and I really enjoyed getting to meet Robin Channing. In fact, I got to teach those a little rhythmic gymnastics. She pretended calling a ball down her arm and back.'"

When asked if she was nervous, Vander Plaats said, "I love performing. I got a little something in my belly when I walk on the stage but on stage as a day I feel alive, comfortable and relaxed. It's a great feeling!"

Betsy Martin also used former rhythmic gymnasts in her performance including former USA National Team Member Carrie Sposito and former Bulgarian National Team Member (Bella Angelova), who is the daughter of rhythmic coach Dinora Angelova.

Vander Plaats added, "For all the backstage boys and H2OHC fans, the groups posed up in the hall and they are VERY CUTE!"



## United Auto Workers and General Motors sponsored 100 Olympic hopefuls by giving away brand new automobiles.

Joy Thornton received a 2000 Pontiac Grand Am and John Barthelmeberger received a 2000 Pontiac Montana. Athletes from all Olympic sports filed out applications which included financial status, competition history, and an on-line statement. A selection committee composed of athletes' agents, including Carl Lewis, Evelyn Ashford, Grant Hill, and Pablo Morales made the final decision as to which 100 athletes would receive the automobiles.

Congratulations to Joy and John for being the only two gymnasts to receive automobiles.



## News from USA Gymnastics Properties

### Post-Olympic Team.

USA Gymnastics is pleased to announce a four-partnership with Edge Marketing to conduct a Post-Olympic tour of Olympic Champions. This tour will take place in the month of October 12 and will visit 40 cities before Christmas.

### 2000 Olympic Team.

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### CORRECTION

In the January/February issue we missed a listing of the USA Gymnastics Industry Members. There was a correction made in a subsequent issue. The correct listing is as follows:

Overnight Inc.  
1011 Jackson Avenue SE  
Olympia, WA 98505  
(360) 349-0104  
Keep the magazine!



## RESULTS

# INTERNATIONAL COMPETITION OF THIAIS HOWARD WINS BRONZE!

By Gladys French

1999 Rhythmic National Champion, **Jessica Howard** won a bronze medal in the all-around at the International Competition of Thiais in France, March 25-28. Jessica was personally invited to participate in this prestigious competition, which was divided into two groups—General Competitors and Grand Prix Competitors. The competitors in the General group included several gymnasts already qualified to the Olympics. Girls as well as competitors from the 1999 World Championships.

### GENERAL COMPETITION

1. Esther DOMINGUEZ	ESP	24.450
2. Evodia IVANGOSTONE	CAN	23.950
3. <b>Jessica HOWARD</b>	USA	23.825
4. Ju YONGGIL	KOR	23.700
5. Isara JACCO HUI	CHN	23.700
6. Ina SUTSCHENKOVA	RUS	23.650

### GRAND PRIX COMPETITION

1. Alicia KASABOVA	RUS	40.000
2. Irina MOSHINSKY	RUS	39.075
3. Isara Isara KASABOVA	RUS	39.025
4. Silvia BARBOURINA	URS	38.700
5. Irina TCHASCHENINA	RUS	38.713
6. Irina VIKTOROVNA	URS	38.550



Jessica Howard

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Session 2: August 6 - August 12 Cost: \$350

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Mac: 750000, 16 MB RAM,  
50 CD-ROM, OS/9

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continued from page 21

## SENIOR INTERNATIONAL RESULTS

PLACEMENT	NAME	SPIN	FREE	TOTAL	PP	FS	AA
1	Isabelle Schneider Spain/USA	1 006	1 025	1 035	1 035	27.75	
2	Monique Bouché Canada/FRA	1 125	1 008	1 025	1 025	26.00	
3	Isabelle Gaudin Switzerland/SLO	1 056	1 008	1 030	1 030	26.00	
4	Erin Dooley USA	1 004	1 008	1 025	1 025	26.00	
5	Marie Gaudin Switzerland/SLO	1 007	1 025	1 015	1 025	26.00	
6	Isabelle Gaudin Switzerland/SLO	1 007	1 008	1 005	1 005	26.00	
7	Chen Hong China	1 008	1 008	1 005	1 005	26.00	
8	Guo Hongyan China/USA	1 007	1 008	1 005	1 005	26.00	
9	David Toff SLO	1 025	1 008	1 015	1 005	26.00	
10	Guo Hong China	1 007	1 008	1 005	1 005	26.00	
11	Isabelle Gaudin Switzerland/SLO	1 008	1 008	1 005	1 005	26.00	
12	David Toff SLO	1 025	1 008	1 005	1 005	26.00	

## JUNIOR INTERNATIONAL RESULTS

PLACEMENT	NAME	SPIN	FREE	TOTAL	PP	FS	AA
1	Isabelle Gaudin Switzerland/SLO	1 007	1 008	1 005	1 005	26.00	
2	Isabelle Gaudin Switzerland/SLO	1 007	1 008	1 005	1 005	26.00	
3	Isabelle Gaudin Switzerland/SLO	1 007	1 008	1 005	1 005	26.00	
4	Isabelle Gaudin Switzerland/SLO	1 007	1 008	1 005	1 005	26.00	
5	Isabelle Gaudin Switzerland/SLO	1 007	1 008	1 005	1 005	26.00	
6	Isabelle Gaudin Switzerland/SLO	1 007	1 008	1 005	1 005	26.00	
7	Isabelle Gaudin Switzerland/SLO	1 007	1 008	1 005	1 005	26.00	
8	Isabelle Gaudin Switzerland/SLO	1 007	1 008	1 005	1 005	26.00	
9	Isabelle Gaudin Switzerland/SLO	1 007	1 008	1 005	1 005	26.00	
10	Isabelle Gaudin Switzerland/SLO	1 007	1 008	1 005	1 005	26.00	



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## TOPS RESULTS

Top 10 U.S. skaters qualify to the National Senior/Young Lady in December in Denver

PLACEMENT	NAME	SPIN	FREE	TOTAL	PP	FS	AA
1	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	27.75	
2	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	26.00	
3	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	26.00	
4	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	26.00	
5	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	26.00	

## CHAMPIONS NATIONAL RESULTS

Top 10 U.S. skaters qualify to the European Junior in Japan in Feb.

PLACEMENT	NAME	SPIN	FREE	TOTAL	PP	FS	PP/FS	PP/FS
1	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	27.75		
2	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	26.00		
3	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	26.00		
4	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	26.00		
5	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	26.00		

## JUNIOR NATIONAL RESULTS

Top 10 U.S. skaters qualify to the European Junior in Japan in Feb.

PLACEMENT	NAME	SPIN	FREE	TOTAL	PP	FS	PP/FS	PP/FS
1	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	27.75		
2	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	26.00		
3	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	26.00		
4	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	26.00		
5	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	26.00		
6	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	26.00		
7	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	26.00		
8	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	26.00		
9	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	26.00		
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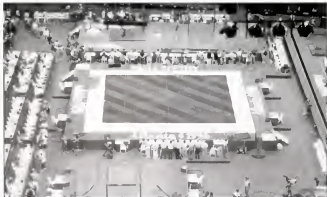
Figures in parentheses are the skaters' scores in the previous season.

## SENIOR NATIONAL RESULTS

Top 10 U.S. skaters qualify to the European Junior in Japan in Feb.

PLACEMENT	NAME	SPIN	FREE	TOTAL	PP	FS	AA
1	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	27.75	
2	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	26.00	
3	Isabelle Gaudin Switzerland/SLO	1 006	1 008	1 005	1 005	26.00	
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# AMERICAN CUP CHAMPIONS

Year	Site	Men's Champion, Women's Champion
1976	New York, NY	Earl Cunniff (USA) Hedda Comstedt (ROW)
1977	New York, NY	Mitsuo Takahara (JPN) Kathy Johnson (USA)
1978	New York, NY	Kurt Thomas (USA) Natalcha Tsvetkova (URS)
1979	New York, NY	Kurt Thomas (USA) Stella Zakharova (URS)
1980	New York, NY	Kurt Thomas (USA) Trazee Tolwana (USA)
1981	Fort Worth, Texas	Earl Cunniff (USA) Julianne McNamara (USA)
1982	New York, NY	Earl Cunniff (USA) Julianne McNamara (USA) Zoya Gostcharova (SUL)
1983	New York, NY	Peter Volmar (USA) Mary Lou Barton (USA)
1984	New York, NY	Peter Volmar (USA) Mary Lou Barton (USA)
1985	Indianapolis, Ind.	Tim Daggett (USA) Mary Lou Barton (USA)
1986	Fairfax, Va.	Alexsei Titkounik (URS) Kristie Phillips (USA)
1987	Fairfax, Va.	Brian Gooding (USA) Kristie Phillips (USA)

## WUSA AMERICAN CUP continued from page 26

### Women's Competition

Rank	Name	Country	FR	SC	TH	SA	TA
1.	Dana Prodanova	RUS	1:40	1:50	1:54	1:71	38:41
2.	Margan White	USA	1:58	1:57	1:43	1:50	37:38
3.	Laura Martinez	ESP	1:59	1:50	1:40	1:51	37:23
4.	Tatka Schalkert	USA	1:50	1:55	1:40	1:52	37:30
5.	Inna Sikorska	URS	1:58	1:55	1:53	1:57	37:47
6.	Alena Polakova	CZE	1:49	1:52	1:23	1:45	37:40
7.	Mila Silenkova	JPN	1:50	1:55	1:48	1:55	37:50

### Men's Competition

Rank	Name	Country	FR	SC	TH	SA	TA	
1.	Erik Loperan Rasmussen	CUB	1:40	1:48	1:51	1:55	1:48	34:44
2.	Alamy Bonczarenko	RUS	1:51	1:53	1:43	1:52	1:41	34:41
3.	John Roethlisberger	USA	1:50	1:35	1:51	1:53	1:45	34:33
4.	Marion Drogobova	ROM	1:53	1:38	1:40	1:58	1:40	35:48
5.	Grahm Karpovich	URS	1:43	1:45	1:50	1:55	1:55	35:45
6.	Jordan Jentchev	BUL	1:45	1:45	1:43	1:55	1:45	35:34
7.	Jay Thornton	USA	1:53	1:55	1:50	1:58	1:11	34:44
8.	Jorge Giraldo	COL	1:40	1:48	1:45	1:55	1:50	35:37



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1988	Fairfax, Va.	Martina Tola (ROM) Phoebe Hills (USA)
1989	Fairfax, Va.	Vitaly Morozov (URS) Brandy Johnson (USA)
1990	Fairfax, Va.	Alexander Koltunov (URS) Kim Zmeskal (USA)
1991	Orlando, Fla.	Trent Demas (USA) Betsy Clinton (USA)
1992	Orlando, Fla.	Jared Heick (USA) Kim Zmeskal (USA)
1993	Orlando, Fla.	Vitaly Scherbo (BLR) Shannon Miller (USA)
1994	Orlando, Fla.	Vitaly Scherbo (BLR) Dominique Dawes (USA)
1995	Seattle, Wash.	John Roethlisberger (USA) Kathy Powell (USA)
1996	Fort Worth, Texas	John Roethlisberger (USA) Kern Strug (USA)
1997	Fort Worth, Texas	Blaine Wilson (USA) Elvise Tosi (ITA)
1998	Fort Worth, Texas	Blaine Wilson (USA) Viktorya Karpovska (URS)
1999	St. Petersburg, Fla.	Blaine Wilson (USA) Jennie Thompson (USA)
2000	Orlando, Fla.	Erik Loperan (CUB) Dana Prodanova (RUS)



# CELEBRATING a CENTURY of GYMNASTICS



## 2000 INDUCTEES

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*Coaching Team of*  
MARTHA & BELA KAROLYI

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DON ROBINSON

## SCHEDULE OF EVENTS

### AUGUST 18TH

4:00-6:30 pm

Men's Competition

*For ticket information call (617) 624-9406*

7:30-10:30 pm

Hall of Fame Induction

*Ceremony and Dinner*

*Join the Congress Dance Party  
following the dinner*

## LOCATION/PRICES

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the program and table  
Priority seating

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#### NON-CONGRESS ATTENDEES

\$125 per person

*\*Prices include Hall of Fame Induction  
Ceremony and Dinner  
and the Congress Dance Party*



Following the March National Team Training Camp, USA Gymnastics invited 15 athletes to the April camp. The list of athletes includes:

JEANETTE ANTOUN	Huntington Beach, Calif
WANESSA ATLER	Canyon Country, Calif
ALYSSA BECKERMAN	Cincinnati, Ohio
AMY CHOW	San Jose, Calif
ERIN DOOLEY	Guthrieburg, Md
ANNABETH BEBLE	Brea, Nw
MAIRE FORDHOLM	Houston, Texas
KRISTEN MALONEY	Pen Argyl, Pa
ROBIN HELPS	Rockville, Md
DANA PERCE	Advanced Ind
ELISE RAY	Columbia, Md
SERRA SARUNAR	Wyoming, Ohio
TASHA SCHWIKERT	Las Vegas, Nev
JENNE THOMPSON	Cincinnati, Ohio
MORGAN WHITE	Fairfield, Ohio



PHOTO BY JENNIFER LUTHER



The first re-entry camp will be conducted immediately preceding the May 'W' Camp. Fifteen athletes are eligible to attend the re-entry camp. Any of the athletes who qualify to the 'W' squad will then stay and participate in the camp.

Following evaluation at the 'W' training camp, Dominique Moceanu and Lindsay Wing were invited to the May training camp based on improved conditioning and skill level. "I see improvement in all the gymnasts but there are still certain areas we must focus on," said Bela. "Both Moceanu and Wing have made remarkable progress and will be competitive with national team members at the May camp."

1996 Olympians Jaycie Phelps and Shannon Miller are possible attendees. Their participation is dependent upon their readiness at that time.

Comments from some of the camp attendees:

**BELA KAROLYI** "I have much more for these gymnasts in the last few camps. They have worked very hard and have given 100%. They liked the competition format."

**KRISTEN MALONEY** "Everyone's getting stronger and more physically fit. We're focused on what we have to do for the upcoming Olympics. Everyone's giving 100%. It's exciting to come here once a month for the Training Camp because we all motivate and push one another. It's good to see where everyone is. I think the biggest change has been our attitude and how we're thinking. From October 1995 to now there has been a major change."

**WANESSA ATLER** "I get nervous coming to camp because I want to do my very best and show them how good I'm doing. Training is different here. You push yourself a lot more."

**ALYSSA BECKERMAN** "Camps are a lot like the Rocky 4 movie where they're hiking in the mountains and training. We're here in the woods, working out and training hard. I've seen a lot of progress on the way we're working together as a team. It's not the club or that club, it's the USA team."

**MARY LEE TRACY** "Bela, Marika and the National Team Staff are doing their best to get our team as good as we can be. There's an idea about Bela and Marika that makes you want to work hard and be the best that you can be. I think these camps are great for a few reasons. First it brings us all together to see where we're at. Plus, it gets the kids away from home distractions like family, school, friends, whatever. There's only one thing to do here and one focus and that's gymnastics."

**MARE FORDHOLM** "The Olympic Games have always been a dream but now becoming more of a reality. I'm gaining confidence training with my coach Valeri Lukin."

**DANA PERCE** "It's very exciting being here and training with the best in the U.S. Bela is a real guy. He helps you realize your dream and tells you it's there, just reach out and grab it. To make the Olympic Team would be overwhelming. When I was little people would

ask if I was going to the Olympics and I'd say no. Now I realize I have a shot and I'm close."

**ELISE RAY** "Making the Olympic Team would be a tremendous honor. The event is so big, and displayed in front of the world."

**TAMMY BIGGS** "I believe the U.S. strength is Bela because of the motivation and excitement he gives everyone. The National Team Staff's role is to help coaches coach the athletes. We try to see to it each gymnast's needs."

**TASHA SCHWIKERT** "I'm focusing on adding difficulty and polishing my routines. I need to move up a few spots to make the Olympic Team."

**JEANETTE ANTOUN** "Bela is a great motivator. It's nice to come together and train with all the girls."

**MORGAN WHITE** "The camps are a lot of hard work but I think they are making us a lot stronger, physically and mentally. Plus, we take everything back to our gyms and continue the same work ethic in preparation for the next camp. We want to win a medal at the Olympics and we know we have to keep working hard to do so."

**ERIN DOOLEY** "The camp is a lot of hard work but, I think in the long run, it's going to help the USA team in its placement. I think we're all improving with all the coaching we have available. To make the Olympic Team would be very exciting. If I make the team it would be riding on the edge."



staff attending meetings, training camp and having an impact on the team. This is the way we've been doing things and it seems to work well. We have a lot of great coaches and when we get them together it benefits everyone involved. We respect the personal coaches to coach everyone, not just their athlete. The guys benefit because they have a lot of help.

I don't know who my main coaching staff will be yet until the Olympic Team is selected. However, I have selected Barry Weimer from U.S. Berkeley and Yoshiki Tomita from Gymnastics World of Tucson to be my assistants, whether they have someone on the team or not. Barry, Yoichi and myself will be on the floor at the Olympic Games. The reason we do the coaching selection so early is because the Men's Program Committee feels that the actual coaches who walk on the floor should be very familiar with the athletes. This allows us to get the coaches and athletes together many times prior to the Games.

I've selected different coaches each time I've done this. Yoichi is a very positive and energetic person. He feels we can win! It's a special quality for a coach to have and it's what we need. Barry is very gymnastics savvy and a creative thinker. He'll come up with ways we can make little changes to help us win a medal. When you add up the little things we could have done in the past, it could have meant a medal. At the '96 Olympics and the '97 World Championships we missed a medal by less than a point.

There have only been four teams in the top six since the '96 Games including China, USA, Belarus and Russia.

**Q:** Do you have any training camps planned and, if so, what will be the focus?

**A:** Our next training camp is in June and we will focus on securing routines that we will use at the Olympics. This will be the last camp prior to Trials and we will make changes as needed. We will also focus on motivation. All the coaches are responsible to coach all the guys. They have an opportunity to work with all the athletes. It's great having a new coach watch routines because he may see something right away that a gymnast can change to improve his routine.

**Q:** What is Operation Flip Flop and Operation Sneak Attack?

**A:** Operation Flip Flop is Ron Colimore's plan that started in 1994. He reorganized every aspect of the men's program. From the time a young boy walks in the gym to the time he walks on the floor at the Olympic Games, every aspect was looked at and evaluated. We needed to fix things. Since 1984 we have not had much competitive success. Since 1995 we've been fifth or sixth each time and have challenged for a medal. Prior to this we were ninth or below. We looked at training camps, athlete and coach support, evaluation process, etc. Ron's changed literally everything we do.

Here's an example—we had a problem with judging in the past. At the National Championships our guys would score 9.7 and

at the World Championships their same routine would score a 9.4. Ron put in national apparatus leaders on each event and made them responsible for their event to ensure that the scores are consistent nationally and internationally. From 1995-1997 the team scores from world events and national events were within a point. That was great progress. In addition, a new athlete funding program was developed to reflect achievement versus just performance.

Operation Sneak Attack is a new strategy. That's our plan for the next quadrennium from 2000-2004. We're trying to take the new Code of Points and be the most educated and smartest team out there. We feel there are things we can do to make us the best team out there. Sneak Attack is a way to get a one-up on everyone while using all of our resources. We want to be in a position to medal at the 2001 World Championships!

**Q:** How are Jason Gatto and Blair Wilson doing in their roads to recovery? What about Chris Young?

**A:** They haven't had any competitors yet but training is going well. Blair will be in the Pacific Alliance so that will be his first meet back since the World Championships and his shoulder surgery. Jason is doing great and making improvements on rings and pommel horse. He's starting to tumble and his knee is coming around. All indications are that he looks good, but it's a day-by-day process. I'm confident that Jason will be fine. Chris has a bigger challenge in regards to his limited amount of training time before the Olympics. He tore his Achilles, but he's doing great and is very motivated. Chris tore his other Achilles a few years ago and knows the injury. He came back 100%.

Operation Sneak Attack is a new strategy. That's our plan for the next quadrennium from 2000-2004. We're trying to take the new Code of Points and be the most educated and smartest team out there. We feel there are things we can do to make us the best team out there. Sneak Attack is a way to get a one-up on everyone while using all of our resources. We want to be in a position to medal at the 2001 World Championships!

from his last injury so he knows he can recover 100% with this one. He wears a boot and trains on pommel horse, parallel bars, rings, and high bar. He can't do dismounts, floor or vault yet.

**Q:** Russia has suffered a setback with Nikolay Kravkov, the 1999 World All-Around Champion, tearing his Achilles tendon. Will his injury have an effect on the Russian team and their placement in your opinion?

**A:** With Russia's best gymnast getting injured, their challenge will be greater. We know what they're going through because last year we lost Jason (Gatto) prior to the World Championships. It's a horrible time to get hurt and I feel bad for them. I don't know their depth but I'm sure it will slow them down.

**Q:** Where do you see the USA men finishing at the Games?

**A:** First, second or third. We've been climbing the mountain for a while now and I'm pretty sure we're on the last peak and will win a medal. We just need to make sure we're all healthy and working hard. I have a really good feeling this time around.



## BLUE WATER INVITATIONAL

continued from page 18

### SENIOR ALL AROUND RESULTS

1 Amy Chow	USA	38.112
2 Kate Richardson	Canada	37.440
3 Melinda Colard	Australia	37.400
4 Tatyana Kozlov	Ukraine	37.325
5 Yvonne Jansak	Canada	37.325
6 Rachel Fild	USA	37.010
7 Tracy McLaughlin	USA	36.487
8 Annabeth Clark	USA	36.467
9 Olga Ivankova	Ukraine	36.450
10 Gabriela Gonzalez	Argentina	36.375
11 Audrey Taylor	Canada	35.450
12 Crystal Colman	Canada	35.350
13 Rachael Symons	Westminster	35.407
14 Abby Pearson	Canada	35.412
15 Andrea Ponce	Perthshire	35.150
16 Rachel Smith	USA	34.967
17 Michelle Holzman	Canada	34.987
18 Jennifer Chelidovich	Bethesda German	34.787
19 Iren To	HUNG	34.587
20 Brooke D'Amico	Australia	34.287
21 Carly Buchanard	Abbotsford	34.210
22 Tiffany Ryan	Westminster	33.075
23 Gail Chambers	Omaha	33.637
24 Chantelle Brack	Cambridge Rip	33.537
25 Jennifer Simmonds	Westminster	32.675
26 Chantelle Moschini	Argentina	32.187
27 Brooke Walker	Australia	31.750

### JUNIOR ALL AROUND RESULTS

1 Courtney Caputo	USA	36.675
2 Sarah Lerner	HUNG	35.637
3 Brenna Rutledge	HUNG	35.675
4 Julia Malinin	Omaha	34.750
5 Heather Parnell	Canada	33.837
6 Lorne O'Connell	HUNG	33.687
7 Sarah Baker	Gym 4 More	33.587
8 Danielle Hays	Aust. of Sport	33.362
9 Amanda Wilson-Mitchell	HUNG	33.182
10 Britney Calverton	Canada	33.082
11 Melissa Ryan	Canada	33.075
12 Tati Gilman	Canada	32.675
13 Joelle Dufort	Hamilton	32.652
14 Ashley Pughing	Wagyn Falls	32.025
15 Lydie Williams	Sport Seneca	31.550
16 Marianne Smole Scott	Burlington	30.575
17 Sarah Chapman	Cambridge Rip	30.550
18 Morgan Archman	Saskatchewan	30.212
19 Lisa Quinley	Beau City	29.452
20 Sabrina Franzoselli	Gym 4 More	27.250
21 Nicole Lee	Regis Club	25.950
22 Mia-Jo Breen	Regis Club	25.150
23 Kristin Clark	Omaha	15.000

PHOTOGRAPH BY TONY LAMAR



AMY CHOW continued from page 19

When asked why she decided to come back to the sport, Amy thought long and hard before answering and then said, "There's not one reason. I just felt like I was missing something. I love the sport and wanted to try again. My goal is to make the 2000 Olympic team and help the USA do the best they can."

Amy never really left the sport. She continued to train for the 1998 Post-Olympic tour and professional shows at West Valley Gymnastics in Campbell, Calif. However, coaches Young and Diane Amos noticed a difference in her training beginning in the spring of 1999. Young explained, "She was coming in and just doing some light

training to stay in gymnastics shape. Then I look over and see her doing standing fulls on a beam and asking me, 'What should I do now?' I started to get a little suspicious. Then she approached me and asked me to train her again for international competitions. I told her I'd have to think about it. I was sort of used to my semi-retired life with my family, but I agreed to train her. Amy's been with me since 1991. She stuck with me even when I didn't have the international experience. I feel loyalty towards her and decided to help her come back."

Amy attends Stanford University and has two years under her belt studying biology. Once she decided to train full time in the sport, she slowed down in school taking fewer classes. Currently she's working afternoons in the research lab at Stanford as a research assistant and studying heart disease to receive credit. "I'm trying it out," said Amy. "It's kind of slow but interesting, that's how science goes."

Amy trains around five or six hours per day, six days a week with the Level 10's and elite gymnasts at West Valley. She said, "I've been working hard and my routines are coming back. I know more of what to expect now since I've been through it."

Since 1996 she's added a new tumbling pass, a new skill on bars, and new leap combinations on beam. Vault remains the same with a double twisting Yurchenko. Amy's also had to rehabilitate from ankle surgery she had in the summer of 1999.

When asked what it would mean to make her second Olympic team, Amy said, "It would be very cool. I didn't think I'd do anything after '96 in gymnastics."

She added, "I've gotten to know the girls at the training camps and we're becoming teammates again like in '96. We're all in the same boat, just trying to make the Olympic Team."

Amy and Mark agree that the training camps at Karolyi's ranch are going well. Young said, "She doesn't need to add a lot of stuff, as we do a lot of conditioning—40-50 minutes per day. It's good for us because we train in a vacuum. When we go to camp we hook up with Kelli Hill and her girls. We have a good working relationship with them. They have a great work ethic."

Regarding the USA Team, Young said, "We're better than people give us credit for. Looking at the top kids on the team we're not as deep as in 1996 but we have some very talented kids. We just need to hit and stay healthy and focused."





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